

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's something you've
always wanted to do?



"Go to Europe and travel"

Karynne Beaulieu,
first year
technology student

"Skating"

Megan Piro,
first year
dietary foundation



"Explore cars."

Jason Moore,
first year
production technology



"Go to Mexico"

Jessica Macpenn,
first year
gen health



"Learn to ride a horse
standing up"

Mary Lytle,
first year
general health science



"Get a tattoo"

Alexa Mitchell,
first year
general health science



Being Conestoga, you couldn't answer responsibly

FILBERT CARTOONS



April 1, 2022



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PHOTO COURTESY

The Conestoga women's rugby is an incredible 2021 season with a 5-3-0 record, finally losing in the regional final. Coach and manager Rob, who started in both the world's best and worst CCAA season of the year.

Two players make all-star team

■ CONESTOGA IN ADVANCE

Astinger, who also was the women's division coach of the year, emphasized the importance of teamwork and coaching relationships when asked about her coaching philosophy.

"Your teammates are your family. You work hard as a team and you do everything in your power to help your teammates succeed," she said. "Conestoga is a huge support in the sport of rugby so I always try to encourage

them both on and off the field. As important as that, I think Astinger admits that her focus is on part of coaching is winning a game.

"There's that when she makes you get when the team makes off and they're just won - you are the winner on the game team and you know mostly from they feel she said.

One of Astinger's players and second-year point guard, student fitness Cuddy and Astinger definitely discovered the award.

"She's very humble and she

enjoys it a way that each person impacted and is person in doing what they should be doing and Cuddy "the person people to do their best but she's a really friendly person and it's easy to put up and talk to her about anything."

The CCAA, national women's and men's every year. Two students from Conestoga College's women's rugby team, Rachel Jacques and Ruby Mudd, were nominated this year as CCAA, next year women's rugby all-star.

HYPNOTIST COMES TO CONESTOGA

Conestoga Students Inc. (CS) featured a hypnotist, Tony Lee, on the bandstand on the 28th. Part of the night, students at night (10:00) made the participants believe they were doing a lot of things and about to be an animal. For those who go to the school's online class.

PHOTO BY MARCO MARCHELLA



Budgeting for future success

BY AARON HARRIS

Students enrolled in post-secondary education understand that they are investing more than their future student loans.

Over Canadians are involved high school getting an education. However, many of students in Ontario receive some form of financial support. What does student budgeting according to an article published by CBC on their website, the average student debt load is around \$20,000.

So how do you pay off your student loans? Here do you budget during the time you're enrolled to be able to do so? Canada's Government of Canada's web page posted several helpful strategies plan and pay for post-secondary education has a few tips. Canada suggests making lump sum payments before

and after the end of the six-month non-repayment period as well as making larger monthly payments.

The strategy the best way to pay off a student loan is to put as much money toward them as possible. This is just common sense. There is no quick fix for better to regularly pay off the loans they have to be paid with your hard-earned money.

There are a few things you can do in order to progress quickly to make them monthly or lump sum payments.

The first is to understand your loan. Look into the exact terms and conditions of your repayment schedule. Is there a six-month grace period? What exactly does that mean? Some loans have a grace period the day after the money is used. Others advertise a non-repayment period though the loan does

collect interest during those six months. Something else to look into is what happens if a payment is missed.

There may be fees attached to missed payments increasing the amount you owe over your loan. Missing multiple payments in a row may result in your loan going into default and being sent to the Canada Revenue Agency for collection.

"The best way to make sure you aren't penalized is to know your loan backwards and forwards," said Samantha Nelson, a financial planner. "Monthly payments are a pain, so you want to pay more than what they are stipulating to make the payments they are already required to make."

Consider jobs that offer to remit with student loans. Some companies are willing to send employees to school and pay for their education.

Others offer assistance in paying for student loans as long as the person agrees to work for the company for a set number of years.

Keep in mind that planning ahead and budgeting can be a huge help. Mich and Whitney Blair, Quilch students are currently trying to pay off their student loans while Whitney is completing her first year of her undergraduate degree. The couple hasn't figured out anything detailed plan though Whitney has one simple rule to follow. "I rarely pay full price for anything."

As a student, budgeting can be a huge help. Use those simple rules to follow. It rarely adds up. When they choose to go out for dinner they skip the \$5 beer on the \$4 martini water is free. They opt for going out for lunch more often than dinner because lunch is often cheaper than dinner.

even though the meals are the same.

"I think that when I have to start getting my loan, I will have a really good job but also continue budgeting the same way," said Whitney. "It's a really effective way to save money."

Finally, plan now for when you are done school. Some student loans will allow more money that is actually need to pay for tuition. If you're able to live on the money you are currently bringing in don't take the extra loan being offered to you. It may make things even more now but it will have to be paid back in the future. If you have to take the full amount of the loan, put the part that you do currently need in a savings account. You might as well collect money on that amount to help you pay the loan when it comes due.

Syrian Awareness Day also a fundraiser

BY JANE WATSON

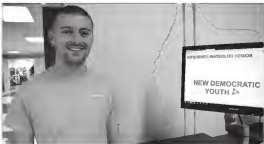
According to Statistics Canada, a group of more than 180,000 Syrian refugees and humanitarian workers have focused on supporting and integrating new arrivals — primarily in order to prepare for nearly 1,150 Syrian refugees who are expected to start arriving in Western Canada.

On Dec. 3, Conestoga HND will be hosting a Syrian Awareness Day at the library from noon to 1 p.m. at the Don't Impact to get support for refugees and to shed light on their situation.

"As a student, people are what's happening in Syria, what the refugees are going through and what it means to be a Muslim," said Jordan Ellis, the president of Conestoga HND and the chairperson for the Waterloo Region HND youth wing.

“We are hoping the event will get her the money she needs.”
— Jordan Ellis

Ellis, a first-year general arts and sciences student at Conestoga, was elected by the Conestoga New Democratic Youth for his work, and was put in charge of setting up a regional HND youth group. One of his first goals as president of Conestoga HND is to aid with the Syrian refugee



First-year general arts and sciences student Jordan Ellis shows off the New Democratic Youth logo at Conestoga College. A group of more than 180,000 Syrian refugees and humanitarian workers have focused on supporting and integrating new arrivals — primarily in order to prepare for nearly 1,150 Syrian refugees who are expected to start arriving in Western Canada.

crisis. One of the main reasons for the event is to raise awareness and donations for the Al-Farooq and her sister Amal Al-Abdullah who are attempting to send foodstuffs and clothes to their hometown of Syria.

Ellis and Amal are members of People's Power, a human rights organization collecting donations and aid for Syria.

Ellis, who came to Canada in 2004, is planning on sending letters filled with donations, blankets and other aid to

Syria. The crates are 40 lbs. long and cost \$4,000 each to ship.

"We appreciate any help we can take. They really need it."

Ellis will be the keynote speaker at the Syrian Awareness Day event at Conestoga, where she will explain her mission and what's happening in Syria.

"We're hoping the event will get her the money she needs," said Ellis. "If not, there's always the potential of being up to other schools."

Plans for other speakers include one from the Muslim Association of Canada to shed light on what it means to be a Muslim and for donors to take one from the United Trinity Church.

During the election campaign, Prime Minister Justin Trudeau has promised to accept 25,000 refugees from Syria and Iraq by the end of the year. Though most agree that work must be done to help refugees, many think that the Liberal's timeline is too unrealistic and could lead

to problems with refugee work.

Reports such as those at the Canadian Immigration Refettorio Center, Albany believe that Trudeau should reconsider the timeline for accepting refugees instead making up the help over time to those struggling to live day-to-day in Syria.

"We're hoping to help people understand just what they're facing over there," said Ellis. "At the end of the event, a poll to help the refugees will be revealed."

COLOURING YOUR WAY TO INNER PEACE AND A PRIN



Photo by Luke Smith

THEMSELVES Located in downtown Vancouver, hosted the 20th annual Colouring event that took place on Nov. 18. Dozens of people sat at long tables, having a drink and relaxing, all the while colouring books for their relief. For more on this story visit www.speakeasynews.com

Get to know your Condors

Have you ever wondered about Conestoga's variety sports program? Or are you a fan of a player or a team?

Or maybe you just want to try and hit some profit points. To promote variety sports, a new program is being held each Wednesday where variety players can sell themselves against others without leaving the team and Conestoga managers helping students will advise them and engage them in conversations. Students can talk them into variety teams they play for and how their program has been going. Students should then take a letter with the variety players and tweet the picture with the following hashtag: #ConestogaCondors. @ConestogaCondors or @ConestogaCondors on Facebook.

Students must engage at least one variety player in order to meet competition requirements.

The winner will be awarded a letter to know their Condors day on Friday, Dec. 4 from 4 to 5 p.m. at the new venue.

Based on a Condors opportunity to get to know the college variety athletes, the letter to know their Condors day will have participants going back to meet with variety players in some casual

ing sports and recreational places.

Matt Maynard, manager of the Student Athletic and Recreation Centre, said, "We want to meet members of our variety teams and to create student support, meet with variety players and the Student Athletic and Recreation department."

"Students should engage with students outside and outside of the classroom. We are here to support the success of our students inside and outside of the classroom."

Students can turn up on a team or individual to take on variety players in various sports. One month already arranged in the daily team taking on the Condors in volleyball. Games will be played in a round-robin style and each game will run for 10 minutes. All games will be played between 4 and 5 p.m.

Full-time team and Conestoga's manager students and faculty will provide insight into the game but not play in it. First by using Friday at 4 p.m. at Conestoga Recreation Centre in 2012 or 2013, at www.conestoga.ca.

Registration must be completed by the end of Wednesday and is capped at 100 participants.

Culture celebrated

BY LUCAS BROWNE

Tips on international business management.

Conestoga College is home to over 1,000 international students representing 70 different countries. There is a great cultural mix at Conestoga and celebrating different cultures and promoting unity.

Conestoga celebrated at the Lower Mainland and Student Life Centre of Conestoga College campus on Nov. 19 in the hall of Oakland University West. The event has been a tradition at the college for seven years. Each year it is greeted with the same enthusiasm and excitement from students.

The purpose of this week in celebration is to let Lower Mainland Student Life program use the community students during the opening ceremony space.

Working off the week was a dinner performance by the Conestoga Choir. One of the highlights of the event was the Conestoga Choir as a sign of music, reminding people of the traditions with that of Western pop music.

Everyday from Nov. 19 until the 21 Conestoga students were able to participate in a wide variety of different culture-based events ranging from all day games tables at the University to evening get-togethers. There was also interactive display booths at the Student Life Centre and

tips on international business management.

"There are so many different cultures within the school. I think we actually enjoy them. We are not the only ones," said Jelena Delavrić, a Serbian technology student who was celebrating her Montenegrin heritage with a display showing what traditions they practice during the holiday season.

Monica Murphy, teacher professor of liberal studies and communications, thinks it is important for students to learn about culture as a human science.

"In order for students to learn more about culture instead of just seeing it as a class learning the theory of it, they can practice other cultural customs and see Murphy Foster. They can share cultural information with the public and the public can share information with them. It is a really good way to learn about cultural diversity."

The next students are expected to develop every single day in their social lives and meetings. The next Cultural Diversity Week helps students and faculty become more open and globally conscious.

"It should be an all-day everyday event."

TASTES OF MONTENEGRO AT CONESTOGA'S CULTURAL DIVERSITY WEEK



Photo by Paul Sullivan

Students at Conestoga, a diverse community, explore the customs of the home country.

Montenegro is a small, beautiful country with a rich history and culture. Conestoga's Cultural Diversity Week is a great opportunity for students to learn about the customs of the home country. The event is held at the Student Life Centre on Nov. 19 and 20, with booths set up throughout the week of the event. For more information, visit www.conestoga.ca.

Toronto's laneways: From drab to fab

BY RENEEKA PATE

After people don't turn out as many at the bi-weekly meetings or always sit and around the city they live in. One of the most public conversations in Toronto has set out to change that way of thinking.

Michelle Seraphy and her co-leader, Anna Chavakis of Toronto's Laneway Project are taking on the responsibility to change the way citizens of Toronto view the city's laneways. According to their survey, most people see these alley ways have not changed, polluted, and where planned and designed effectively, even be an integral part of the public realm.

An idea that has been created at several other cities around the world including Melbourne, Berlin and Chicago is now coming to life in Toronto. The Laneway Project connects with community groups, businesses and city officials in an effort to change the face of the sometimes scary walkways.

Meanwhile, Toronto

Seraphy and Chavakis were among the regular of small-scale urban renewal. Toronto and Vancouver are making their way over to change them.

"Over the course of the other projects that we were doing in the city, we became aware of all the space around us that were unused. These laneways that were empty, they weren't doing a lot and we just wondered why they were."

On Sept. 27, the Laneway Project hosted Toronto's first Laneway crawl, where over 30 different groups took different activities along a 10-minute and a half of laneways in Toronto's St. Lawrence. Some of the activities along the St. Lawrence Laneway Crawl included a bike-riding station, live music, mural painting, dance demonstrations and work shops as well as food trucks and live music.

St. Lawrence from 11 blocks on where neighborhood food trucks and live music stations which inspired the challenge who walked through their city showing them to

experience their neighborhood in a way that is more meaningful to them. Laneway was planned with the intention the street, occurred from the community during the crawl.

“There's room to make use of these spaces in a more intelligent, more complete way and that's what prompted us to start The Laneway Project.”

— Michelle Seraphy

On that particular day it was great to watch the St. Lawrence community take that space and really own it and sort of transform it into something that will better that community engagement going forward, she said.

Another participant in the St. Lawrence Laneway Crawl was the Stupa Initiative, which has a mission to bring people into public spaces through

art. Vera Beland looks the manager of community projects for the Stupa Initiative, whose mission is to use under-appreciated spaces through art were transformed in how laneways could do just that.

"I just feel like they can work as an untapped resource. They sometimes look a little bit scary because of visual clutter, but I think they could definitely be activated, she said."

"If people are already going to be using some of those throughways we better make them more safe and interesting and attractive."

Stacye Wilson, owner of Walter Stone Music, created a dance station to Stupa Music Union Fest which she and other dancers performed throughout the St. Lawrence crawl. She plans to continue her relationship with The Laneway Project because she has so many ideas for future events.

"It was such an exciting community and I think a lot of people are looking for that, especially in this ever-growing community and city like

Toronto. It's a great thing and I would love to be a part of it. I would love to take it to the next level. There are so many ideas I could create for the next one. It was a great community crawl and I support it all the way," said Wilson.

The idea of changing the look, shape of the city was one very interesting idea that many haven't considered before the project of positive community relationships is what drove The Laneway Project to continue along what they do.

Seraphy said the project has been quite a success so far and is surprised that there haven't been any negative

"Everyone has been eager to work with us and to see positive change in the city's laneways," she said.

There are more than 2,400 laneways in Toronto. The Laneway Project is an initiative to make as many of these spaces as possible. Several more laneway events will take place in the new year. A full list can be found at www.lanewayproject.ca.

HEALTH AND WELLNESS WEEK AT COMESTOGA COLLEGE



PHOTO BY BARBARA GALLANT

From left: Wendy Wilson (left), Comestoga College Faculty, 1st Vice President, social service student program faculty and Wendy Accardi (right) nursing faculty, were in charge of the chair pose activity that ended Health and Wellness Week. Photo by Barbara Gallant.

CULTURAL DIVERSITY WEEK OPENING CEREMONIES



PHOTO BY GUY LAWSON

The Canadian International Dance Group performed their spins during the opening ceremony of Cultural Diversity Week at Comestoga College on Nov. 23.

JINGLE BELLS, JINGLE BELLS

JINGLE ALL THE WAY

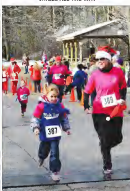


PHOTO BY JASON BROWN

Runners in a 2.5-kilometre race that was on the first day of the Jingle Bells event, were a mix of 10 to 15 years old. The 20th annual run is held at the Comestoga College campus in Comestoga. Comestoga's goal is to see a new record set.

Exhibit explores Canada-Cuba relationship

BY CHRISTINE HALLON

The Cuban Day Museum, Brampton, or *Spazio! Questioning LGBTQ* community is constantly in need of a voice. One that lets people know that there's nothing wrong with their sexual orientation.

In March, Castro Roper, director of the Cuban Historical Center for New Education, arrived to be that voice.

Castro Roper, the daughter of current Cuban President Raul Castro, spoke at THEMUSEUM on Nov. 13. She is one of the speakers participating in the *Spazio! Questioning LGBTQ* event that opened on Oct. 26 at THEMUSEUM. The location marked *Spazio! Questioning LGBTQ* Awareness Through Art.

The Havana Dispatch explores the unique Cuban-Canadian relationship over the past 70 years. The photograph-based exhibition features two black and white photography collections the

first on loan from the Cuban Embassy in Ottawa, and the second a series by Canadian photographer Mark Davison. The photographs depict Cuba's relationship with Canada, as well as Cuban history and culture.

"I am an advocate for sex education in Cuba, and have been working towards creating positive change for almost 35 years," said Castro Roper during her lecture.

She added that it is troubling to her that, with all the resources available in Canada, people are still discriminated against, enough to make them want to take their own lives. She wondered just how bad it was because in Cuba, where the resources are limited, people don't give up that easily. She encouraged people to not be hard on themselves and not let what others have to say bother them.

"With this exhibition, we're looking to solve conflict through dialogue," Castro

Roper said.

At the beginning of the event, David Haddock CEO of THEMUSEUM talked about Castro Roper and the part THEMUSEUM plays in the cultural and artistic sector.

"We are excited and honoured to welcome Dr. Castro Roper to THEMUSEUM as part of the Havana Dispatch," said Haddock. "We strive to provide fresh cultural content from around the world and this event is a perfect example of the unique programming that makes THEMUSEUM the cultural hub of southwestern Ontario."

About 10 people attended the lecture and prior to the event, Castro Roper met with members of the local LGBTQ community for more in-depth discussions and a private reception.

After the lecture, Haddock said attendees were able to appreciate the art before ending it a night.



PHOTO BY CHRISTINE HALLON

Dr. Mariela Castro Roper speaks at THEMUSEUM on Nov. 13. She was one of the speakers participating in the *Spazio! Questioning LGBTQ* event. Her lecture was titled *Questioning LGBTQ Awareness Through Art*.

The importance of sleep and why you should be getting more

BY STEPH KIMMITY



PHOTO BY STEPH KIMMITY

Sleep is extremely important and has been for a long time, yet it is often neglected. A 5-minute nap before a night is reported to function at optimal capacity.

This is the first of a three-part series about sleep. This part covers the importance of sleep and the negative effects of lack of sleep. The second and third parts will cover the benefits to sleep and how to overcome them and the individual effects on sleep patterns.

Sleep is one of the parts of our lives that little is known about. Scientists know what happens when we sleep but they don't know a lot about why we sleep. Individuals people know the importance of sleep, yet when time is short, and they become busy sleep is often the first thing to go. The struggle that this causes is one in which people who only sleep three hours a night are more at health risk than when a lack of sleep has mild deteriorating effects on our lives.

According to Sleep and Sleep: The science of our most important function and our most common sleep problem at Sleep. Sleep Lab which has clinics in Waterloo Park and, and Owen Sound sleep is extremely important. It is necessary to improve memory because knowledge is put into an active form, making that sleep. It helps people get better when they are sick and repairs the body. It affects stress levels and metabolism. A consistent lack of sleep can increase a person's chances of stroke, heart disease, type-

2 diabetes, depression and many other problems.

"Our natural levels are controlled by a good sleep routine," said Dancy. "When we go to bed our natural levels should be high and when we wake up they should be lower. If you're not getting that, even to take them consistently per night, and your sleep is disturbed, your natural functions are confused which will put your natural levels out of whack. That will be a lot more stressed out than you need to be."

When people try to improve their health, they often focus on diet or exercise. These are both extremely important, but without sleep, improvement becomes much more difficult. According to Dancy, a lack of sleep leads to more stress and less healthy eating later in the night. This is problematic because there isn't enough time for those choices to take and according to some studies, one can eat without sleep can make people as stupid as a five-year-old.

"Sleep is a direct regulator and health expert," Dancy. "Research shows that sleep is directly related to the brain's ability to learn and memory. It's important to have enough energy to exercise and to repair the body after exercise. It is important for children because proper sleep is able to change moods and level of a dream for children."

In turn, better students learn better sleep, creating a virtuous cycle.

Sleep is also important for testosterone production. Men need more than women, but it is important for both men because it helps them lose more body fat, increase muscle mass, increase bone density, maintain sex drive and improve cognitive function according to the United States National Institutes of Health. One study published in the *Journal of the American Medical Association* found that after just one week of getting less than five hours of sleep a night, testosterone levels in young men decreased by 10 to 15 per cent, the equivalent of being 10 to 15 years old.

Getting a good night's sleep is especially important for children. The research shows that a child's memory is important, and paying attention with a job or study requires the cognitive ability to pay attention through sleep. Not enough sleep leads to it hard to get the right amount of sleep.

"I occasionally get time to be from 10 to 11 sleep a night," said Matt Herring, a second-year journalism student at the University of Waterloo. "I usually sleep on the bus to make up for that. I've tried to go to bed earlier but I'm so used to going to bed later that my sleeping schedule has been adjusted to that."

HOROSCOPE

Week of November 20, 2012

Aries
March 21 - April 19

You're a very demanding person. Better call stop now, making everyone around you. They will come when they see ready.

Libra
September 23 - October 23

Be very hard for you to be to someone's face. You need balance in your life, why not take some time and have a break up day.

Taurus
April 20 - May 21

You are a more person who like to be liked and to show your appreciation. Why not take a friend to appreciate when you are a trip to one of your favorite places.

Scorpio
October 23 - November 21

Remember, spending too much time on yourself will be overwhelming. Call up a friend and get together to talk about what you have done recently.

Gemini
May 21 - June 21

You look apart someone, too in your life. Open up more. Go on an adventure or spend some time with your friends. Make it a personal holiday.

Sagittarius
November 22 - December 21

It is OK that not every thing happens at the exact moment you want it. To know how more on what is happening instead of what you want to happen.

Cancer
June 22 - July 22

Impulsively buying is a big problem for you. You have a lot of trouble trying to decide what you want. Take a break from shopping and catch some time with friends.

Capricorn
December 22 - January 19

You are overconfident in the job you are in. It is possible but sometimes you don't take a moment to see what is around you. Spend some time outside.

Leo
July 23 - August 23

Your generosity was someone to look for. Instead of doing things for others, people all the time take a break and explore a city you have never been to.

Aquarius
January 20 - February 18

You need to make more than just a work day. You need to make more than just a work day. You need to make more than just a work day.

Virgo
August 23 - September 22

You spend a lot of time thinking about others people and taking time to work on their problems. You need to spend time on yourself and stop over thinking your problems.

Pisces
February 19 - March 20

A lot of the time you are stuck in your own world. This week stop yourself, taking in your going to be stuck with something you don't want to do.



Uphorn Strong - Upphorn Strong is a force beyond mortal comprehension on a regular basis. He also enjoys playing with words and vocabulary.



Sudoku Puzzle

	6	4		7		1	3	
	8		4	3			6	
9					2			5
	1	9		3			8	
8								9
5			9	6	8	4	1	
				4				7
6	4		7		5		3	
1	9			2		8	5	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box contains the digits 1-9 without repeating any.

Word Search

Christmas

A	A	H	R	S	L	E	S	N	U	R	E	G	C	P	T
H	G	O	N	S	G	E	R	S	Y	T	S	C	A	S	O
D	Y	P	A	R	A	D	E	S	E	A	S	O	N	E	Z
A	H	J	L	K	W	F	F	S	O	J	Z	E	D	S	O
P	J	K	M	G	U	D	F	Y	R	E	M	Y	C	S	
O	G	I	Y	H	S	U	A	G	O	I	E	G	J	N	
I	S	E	O	T	E	L	T	S	I	M	Y	L	A	D	I
N	I	K	O	W	K	L	S	N	P	K	Z	O	N	S	T
S	S	G	N	A	A	S	G	R	E	Y	S	P	E	P	E
E	O	O	R	G	S	N	E	L	E	T	H	S	I	E	
T	H	S	A	N	T	A	I	V	N	O	T	E	R	I	
T	I	O	F	I	A	K	N	E	M	V	R	H	I	O	
I	D	I	C	S	U	L	C	D	S	I	W	O	K	T	A
A	I	T	X	W	R	O	Q	E	F	H	X	N	Y	Z	Z
U	T	J	N	K	F	E	T	E	D	C	O	E	Z	H	P
Y	L	L	E	O	N	E	S	R	Y	T	S	O	R	F	O

Prose
presents
merry
Noel
parades
Santas
season
spirit
stocking stuffers
sleighs
sunny canes
eggings
nutcracker
mistletoe
poinsettia
candy
North Pole
winter
comet

Useless Facts

Apples, potatoes and onions all taste the same when eaten with your most pluggin'.

Hubcap was originally a fish scale, originating in the 1800s.

Intelligent people have more cells and bigger in their hair.

The average lifespan of an eyelash is five months.

Most people contain fish scales.

Months that begin on a Sunday will always have a Friday the 13th.

Counselling services presents the **STRESS FREE ZONE**

Wednesday December 2nd, 2015

In the Library and Lower Atrium from 10am - 1pm

Massage Therapy

Come in for a free mini session.

Wednesday December 2nd

STRESS FREE ZONE

Library and
Lower Atrium

reflexology

healthy snacks

Anxious? - Feeling overwhelmed? - Anxious
Tired? - Are exams stressing you? - Tired



PHOTO BY CAPTAIN ANDREW BEE

Michelle Demerchout, a first-year educational support student, scrolls through Instagram on her phone. She said it used to be more anxiety and stress as students try to have the perfect image online.

Social media makes students feel secure and insecure

BY LAYLA HUBBARD

Looking at social media and post-ing photos on Instagram can be fun for students and be a social medium including anxiety.

At Carveridge College, many students believe that posting photos on social media depends on how they feel about themselves.

"I have felt self-conscious about myself before as one of those because of the certain photos of myself posting with friends that are great online," said Mikaylah Watson, a first-year ethnic studies support student.

"Making a picture perfect" before can leave students feeling anxious.

"I don't think like a cow, getting all of the likes to be sure that your best is done up all over so you can look perfect in all of your photos," Watson said.

Watson says anxiety as a young person is the first step in stepping problems on social media and themselves.

"Look at the result of this social comparison we're seeing today, all that Don Vespene, a video composer and writer at Apple Inc. told us getting on Instagram and seeing pictures of people they knew doing something that they aren't. It was to over-

whelming for someone at a young age to feel like they are in some sort of anxiety."

There are different things you can do as social media to make you feel good about yourself like posting positive comments on friends' photos. This can make you feel good about helping others. "I always try to post good, fun comments on my friends' photos because it can really put a smile on their face," said Michelle Demerchout, a first-year educational support student.

“I always try to post positive comments on my friends’ photos because it can really put a smile on their face.”

— Michelle Demerchout, a first-year educational support student

Lifting other people up can make them self-conscious and make them more confident as a person.

Sharing your feelings with the people you trust and listening to how they feel is important and strengthening friendships.

Matt Damon shines in *The Martian*

BY LEAH HUBBARD

"With Ridley Scott taking on the director's chair, how could moviegoers expect anything less than incredible?" From the director who brought to the world the films *Gladiator* and *Gladiator 2* (2015) now comes *The Martian*.

First, as a genre specialty when it comes to science fiction movies. With the help of cinematographer Drew Duda and brought back John Williams' score, *The Martian* is a movie that's not only a great movie to watch but also a great movie to watch.

The Martian follows the story of astronaut and astronaut Mark Watney played by Matt Damon. Watney and his fellow crew members are on the way of landing a month-long mission to Mars.

A violent storm that takes on an emergency evacuation operation Watney from the rest of the crew who assume he perished in the storm.

When Watney wakes up he is covered in sand and completely alone. After nearly a day of being back to the now abandoned crew quarters, he realizes that the radio system was destroyed during the storm. Watney knows this means that there will be no communication between him and NASA, or the crew who are on their way back to Earth.

Watney is forced to rely



PHOTO: PETER

on his own knowledge, ingenuity and sense of humor to survive.

While waiting to be rescued, Watney is the only man left behind by his colleagues (crew members) and refusing to accept the fate of dying on Mars, he sets to work. Using the power of science, a radio story and a little too much ingenuity, Watney creates a way to make his way to Mars as a human hero.

Damon shines in the role of Watney. He starts the film as a man who is alone. Having no one to lean on, he has to drive every inch of his

own performance worthy of an Oscar.

The director of *The Martian* where the film was shot on a real rocky and arid landscape and perfect representation of what Mars might look like.

This two and a half hour long film is something that no one should miss out on. Giving the movie an 8.8 (a five dollars movie) with an extra dimension and sense of awe, one that we might not get while watching it in the theater.

I give this movie five out of five stars.

BOOKBINDER AND BOOK ARTIST SHOWCASES HIS WORK IN KITCHENER

Don Spitzer, owner of the Carveridge Bookbindery and Book Artist, is one of the many people in the world who make books. He is a book artist and bookbinder who has been working on his craft for over 20 years. He is a member of the Carveridge Bookbindery and Book Artist Association and has been working on his craft for over 20 years. He is a member of the Carveridge Bookbindery and Book Artist Association and has been working on his craft for over 20 years.

PHOTO BY CAPTAIN ANDREW BEE

